



A Nutrition Resource

GARDEN VEGETABLE FRITTATA

Yield: 8 Servings | Serving Size: 1/8 of a 9-inch skillet

Cost/Serving: \$0.64

Ingredients:

- 5 eggs
- 1/3 cup 1% milk
- 1 Tablespoon vegetable oil
- 1/2 medium onion, chopped
- 1/2 medium green bell pepper, chopped
- 2 cloves garlic, minced
- 2 cups fresh spinach
- 1 medium tomato, chopped
- 1/2 cup cheddar cheese, shredded
- 3/4 cup quinoa, cooked
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions:

- 1) Preheat oven to 350°F.
- 2) In a large bowl, whisk eggs with milk, salt, and pepper.
- 3) Warm oil in a 9-inch oven-proof skillet over medium heat (if no oven-proof skillet is available, use a regular skillet and have 9-inch pie pan available). Add onion, bell pepper, and garlic. Sauté until onion is translucent, about 7 minutes. Stir in spinach and quinoa and sauté for 1 minute. Remove from heat and add tomatoes and egg mixture to vegetables (transfer mixture to pan if using).

Nutrition Facts

8 servings per container
Serving size 1/8 of a 9 inch skillet (116g)

| Amount per serving | |
|------------------------------|-----|
| Calories 120 | |
| % Daily Value* | |
| Total Fat 7g | 9% |
| Saturated Fat 2.5g | 13% |
| Trans Fat 0g | |
| Cholesterol 110mg | 37% |
| Sodium 180mg | 8% |
| Total Carbohydrate 7g | 3% |
| Dietary Fiber 1g | 4% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 7g | |
| Vitamin D 1mcg | 6% |
| Calcium 101mg | 8% |
| Iron 1mg | 6% |
| Potassium 154mg | 4% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- 4) Place skillet (or pie pan) in center of oven. Bake for 12 minutes. Cover the top with cheese and bake for another 3 minutes or until cheese is melted. Remove from oven and let sit for 5 minutes.

Original recipe by Andrea Withey.

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